



COED FIELD HOCKEY SKILLS & DRILLS

For: Entering Grades 5-8

Days: Monday - Wednesday

Dates: August 1-3, 2022

Time: 9:00 - 11:00 AM

Fee: \$55.00 (Non-Residents \$65.00)

Location: Ray Ellerbrook Field

48 Burts Pit Road, Northampton

Director: Meshia Begin

Program Description:

Pick up your sticks and come give a new sport a try! Learn field hockey fundamentals with fun challenges and games. This program will focus on learning foundational skills of field hockey relating to technique, positioning and team building exercises. Plus, get to know fellow players and coaches and learn to love the sport of field hockey!

Experience & Equipment:

This is a great program for all skill levels. Both new and experienced field hockey players are welcome. Participants should bring a field hockey stick, mouth guard, shin guards and goggles. Athletic shoes and attire are also required. A limited number of sticks of varying sizes will be available for participants to use if they do not have one.

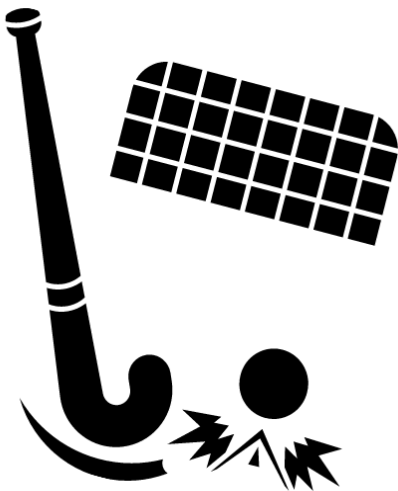
About the Director:

Meshia Begin is the Head Field Hockey Coach at Northampton High School and has been coaching with the Blue Devils for 3 seasons. Coach Begin started playing field hockey when she was 13 years old and hasn't stopped! "I love field hockey! It energizes me and bring me such joy to inspire others to love the game, too. See you on the field!"

Northampton Parks & Recreation

413-587-1040 | 100 A Bridge Road, Florence, MA 01062

www.northamptonma.gov/recreation | Recreation@northamptonma.gov





Northampton Parks & Recreation Coed Field Hockey Skills & Drills



Register online or mail/deliver form & payment to:

Address: Northampton Parks & Recreation, 100A Bridge Rd. Florence, MA 01062 **Phone:** 413-587-1040

Website: www.northamptonma.gov/recreation **Office Hours:** M-F, 8:30 AM - 4:30 PM

Financial assistance is available to those who qualify. Contact the Parks & Recreation Department for details.

Child's Name - First & Last	Date of Birth	Age	Grade (Fall 2022)	M/F	School

PARENT/ GUARDIAN	Parent 1/Guardian	Parent 2/Guardian (complete if any field is different)
First & Last Name		
Street Address		
City or Town		
Zip Code		
Home Phone #		
Cell Phone #		
Emergency Contact		
Email Address		

- Amount Enclosed:** \$ _____ (\$55.00 per player; \$65.00 for Non-Residents)
Checks payable to: Northampton Parks & Recreation
- Charge My:** Visa ____ Master Card ____ Discover ____ **Card Number:** _____ **Exp. Date:** _____
Cardholder's Name: _____ **Signature:** _____
- Where did you hear about this program?**
Played Last Year ____ Program Guide ____ Parks & Rec Website ____ Social Media ____ Other _____

Recreational and Volunteers Activities Release Form

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton. I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs. I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: _____ Date: _____

Mail to: Northampton Parks & Recreation, 100A Bridge Road, Florence, MA 01062

For Office Use Only: Amt. Received \$ _____ Date _____ Staff ____ RT Entered Date _____ By Staff _____